

# MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>ALL DAY – EVERY WEEKDAY</u>  <i>Exercising, Reading, Computers, Billiards, Piano/Organ, Checkers, Puzzles, Wii Video Games and Socializing</i></p>				<p><b>1</b></p> <p><b>11:30 am- “Ladies Luncheon”</b> (at “The Old Goat” Restaurant- in Heber - Lunch on one’s own- Meet at the eatery)</p>
<p><b>4</b></p> <p><b>10:00 am</b> Tour of Daniels Canyon Elementary School (Read with Children- Activity)</p> <p><b>10:00 am</b> Chair “Yoga” Class</p> <p><b>7:00 pm Fireside</b>  Heber Valley Choir &amp; Orchestra</p>	<p><b>5</b></p> <p><b>10:30 am</b> “Chair Exercise” Class</p> <p><b>11:00 am</b> Chess Club</p> <p><b>12:00 Noon – Special “Mardi Gras” Luncheon</b> (with Ken &amp; Mary LeBlanc) &amp; Program (Music &amp; Vocals by “Starlord Duo”)</p> <p><b>1:00 pm:</b> Table Games</p>	<p><b>6</b></p>	<p><b>7</b></p> <p><b>9, 10 &amp; 11 am “Piano Classes for Seniors”</b> Contact: Christy Ackerson (801) 864-6403</p> <p><b>12:00 Noon Lunch</b>  (Visiting &amp; Socialization)</p> <p><b>1:00pm</b> Bingo, Ceramics, Billiards</p>	<p><b>8</b></p> <p><b>Tomorrow</b> → <b>1:45 pm “Beauty &amp; The Beast” – at the Dejoria Center- in Kamas</b></p> <p>Cost: \$20- admission &amp; transportation (Bus leaves at 1:45pm – Show at 3pm.</p>
<p><b>11</b></p> <p><b>10:00 am</b> Chair “Yoga” Class</p> <p><b>7:00 pm Fireside</b>  “St. Patrick’s” Musical Celebration – “Irish Dancers”</p>	<p><b>12</b></p> <p><b>10:30 am</b> “Chair Exercise” Class</p> <p><b>11:00 am</b> Chess Club</p> <p><b>11:00 am</b> Dawn Loper from MAG w/ Medicare &amp; Social Security Assistance</p> <p><b>10:30 am</b> UVU Nursing Students “Health Screening</p> <p><b>12:00 Noon Lunch &amp; Presentation-</b> Dawn Loper w/MAG “Aging Services”</p> <p><b>1 pm</b> Table Games</p> <p><b>1 pm:</b> Corporate Board Meeting</p>	<p><b>13</b></p> <p><b>10:00 am Day Trip to “The Legends” Motorcycle Museum-</b> in Springville  Cost:\$7- includes admission and Transportation.</p>	<p><b>14</b></p> <p><b>9, 10 &amp; 11 am “Piano Classes for Seniors”</b> Contact: Christy Ackerson (801)-864-6403</p> <p><b>11am</b> Symbii H. Health – BP/Glucose checks</p> <p><b>12:00 Noon Lunch &amp; St. Patrick’s Day Social/ Program</b> (Miss Wasatch” 2019)</p> <p><b>1:00pm</b> Bingo, Ceramics, Billiards</p> <p><b>4:00 pm</b> “Caregivers” Support Group – (Lounge Area)</p>	<p><b>15</b></p> <p>Everyone’s Irish On March 17th.</p> 
<p><b>18</b></p> <p><b>10:00 am</b> Chair “Yoga” Class</p> <p><b>11:30 am</b> Movie (“The Mountain Between Us”) &amp; Potluck” Lunch- at the Center</p> <p><b>7:00 pm Fireside</b> an Evening of Piano Music w/Laurissa Pullan &amp; Friends</p>	<p><b>19</b></p> <p><b>9:00 am Breakfast</b>  “Presentation” by Tanta Lisa clayton of Utah Legal Services (No Lunch Today)</p> <p><b>10:30 am</b> “Chair Exercise” Class</p> <p><b>11:00 am</b> Chess Club</p> <p><b>1:00 pm</b> Table Games</p>	<p><b>20</b></p>	<p><b>21</b></p> <p><b>9, 10 &amp; 11 am “Piano Classes for Seniors”</b> Contact: Christy Ackerson(801)-864-6403</p> <p><b>10:30 am</b> “Senior Book Club”</p> <p><b>11:00 am</b> Applegate Health Screening</p> <p><b>12:00 Noon – Lunch</b>  (Visiting &amp; Socialization)</p> <p><b>1:00pm</b> Bingo, Ceramics, Billiards</p> <p><b>1:30pm</b> Senior Adv. Board Mtg</p>	<p><b>22</b></p>
<p><b>25</b></p> <p><b>10:00 am</b> Chair “Yoga” Class</p> <p><b>7:00 pm Fireside</b>  Music with the Swiss Bell Ringers</p>	<p><b>26</b></p> <p><b>10:30 am</b> “Chair Exercise” Class</p> <p><b>11:00 am</b> Chess Club</p> <p><b>12:00 Noon – Lunch &amp; Presentation</b> Sherrie Pace of the Utah Poison Control Center</p> <p><b>1:00 pm</b> Table Games</p>	<p><b>27</b></p> <p><b>1:00 pm “Tea Party” at the Senior Center</b> (No Charge)</p>	<p><b>28</b></p> <p><b>9, 10 &amp; 11 am “Piano Classes for Seniors”</b> Contact: Christy Ackerson(801)-864-6403</p> <p><b>11:00 am</b> “Sit &amp; Dance” w/Becky</p> <p><b>12:00 Noon Lunch</b>  Randall Probst, Director “State of the County Health Dept.”</p> <p><b>1:00 pm</b> Bingo, Ceramics, Billiards</p>	<p><b>29</b></p>